



ask SHIP

Q: My neighbor told me she just had her Annual Wellness Visit. Is this something that is covered by Medicare?

A: The Annual Wellness Visit (AWV) is available to anyone with Medicare Part B. It is available once every year after the first year of Part B enrollment.

While similar to the Welcome to Medicare exam, the Annual Wellness Visit is available once every year after Part B enrollment.

The AWV provides an opportunity for you and your provider to develop or update a personalized plan to help prevent disease and disability.

To prepare for your Annual Wellness Visit, you should be prepared to give the provider a summary of:

- Information (if known) about your family's health history.
- Personal history of immunizations, illnesses, hospitalizations, surgeries, etc., including any new symptoms or

treatments since the prior visit.

- A list of your prescription, over-the-counter, vitamins, and supplemental medication.
- A list of your providers and suppliers of medical equipment, if applicable.

If you received a Welcome to Medicare exam or previous wellness visit with the same provider, your provider should have your past information on file.

During the visit, your health care provider will conduct the following:

- Routine body measurements and assessments
- Height
- Weight
- Body mass index
- Vital signs including blood pressure, pulse, and temperature
- Depression screening (no specific test/tool is required; this may be accomplished through probing for sadness, loss of feelings of pleasure, changes in sleep or appetite, feelings of

isolation, suicidal ideation)

- Detection of cognitive impairment (no specific tool or test specified)
- Review of the individual's functional ability and level of safety
- A health risk assessment

Your provider will also:

- Establish a 5-10 year schedule of screening and preventive services
- Provide personalized health advice and referrals related to:

- Health Education
- Disease Self-management
- Falls Prevention
- Smoking Cessation
- Nutrition
- Weight Loss
- Physical Activity

If you have questions about your Annual Wellness Visit or anything else related to Medicare, call SHIP at 1-800-452-4800, 1-866-846-0139 TDD or online at www.medicare.in.gov. You can also find us on Facebook and Twitter.